

AUGUST  
1991

# PARENTING

**EMERGENCY  
FIRST-AID GUIDE**

## How to Save Your Child's Life

**The No-Cost  
Childcare Solution**

**OFF THE BOTTLE, OUT OF  
DIAPERS... TRANSITIONS  
MADE EASY**

**Fall Fashion  
Preview**

\$2.50



10105



**COVER STORY/  
ACCIDENTS CAN HAPPEN** 58

An inquisitive baby's world is full of potential perils: small toy parts to choke on, poisonous detergents to swallow, and more. Here's a special pullout guide to help you prevent—and respond to—the worst emergencies.

*By Eileen Putman*

**LEARNING/BLOCK TALK** 66

For all of toyland's high-tech inventions, nothing holds a child's fascination like a simple set of blocks. These classics stack up as one of the best playthings for stimulating young minds.

*By Thomas Armstrong*

**FASHION/PATTERN PLAY** 70

Colorful cottons, plaid flannels, floral chiffons—with this fall's layered look, anything goes.

*Produced by Sara Feldmann*

*Photographs by Danny Gonzalez*

**HUMOR/THIGH ANXIETY** 76

Can a couch-potato mom survive aerobics? A perspiring report from the back row.

*By Joan Leonard*

**NUTRITION/WHATTA NUT!** 82

Spread the word: Peanut butter's protein power does not depend on bread alone.

*By Susan Costner*

**CHILDWATCH/  
THE SOVIET UNION'S CARDIAC KIDS** 88

Thanks to a new international team effort, many children born with heart disease in the Soviet Union can begin to live normal lives.

*Photographs by Gary Matoso*

*Text by James Weeks, Jr.*

**RESOLVING CONFLICTS/  
A UNITED FRONT?** 94

Childrearing ranks up there with sex and money as a source of parental disputes, yet you can settle your differences without upsetting the kids.

*By Buff Bradley*

**DEVELOPMENT/THE NEXT BIG STEP** 98

No child learns to drink from a cup or use the potty overnight. Still, clueing in to your child's signals—and feelings—can make any transition a lot easier on you both.

*By Roberta Israeloff*

*(continued)*



*The mix-and-match game.  
Page 70.*

*Parenting* magazine (ISSN 0890-247X) is published monthly (except for combined issue of December/January and semi-monthly issues of June/July) by Time Publishing Ventures, Inc., 501 Second Street, San Francisco, CA 94107. Second-class postage paid at San Francisco, CA and additional mailing offices. Postmaster: Send address changes to *Parenting* magazine, PO Box 56861, Boulder, CO 80323. Regular subscription rate is \$18 per year. Foreign subscription rates are: Canada \$18 Canadian funds, plus \$6 postage; all other countries, \$18, plus \$8 postage. Goods & Services Tax Registration Number R127109858. Vol. V, No. 7 copyright ©1991 by Time Publishing Ventures, Inc. All rights reserved under the International Copyright Union, the Universal Copyright Convention, and the Pan American Copyright Convention. No part of this magazine may be copied or reproduced without permission from *Parenting*. All unsolicited submissions must be accompanied by an SASE. *Parenting* cannot be responsible for unsolicited materials. The information contained in this magazine is not a substitute for personal medical, psychiatric, or psychological advice, and readers are urged to consult their health-care advisers about specific questions or problems. *Parenting* is not responsible for statements made by the advertisers or (freelance) writers.



# Cardiac Kids

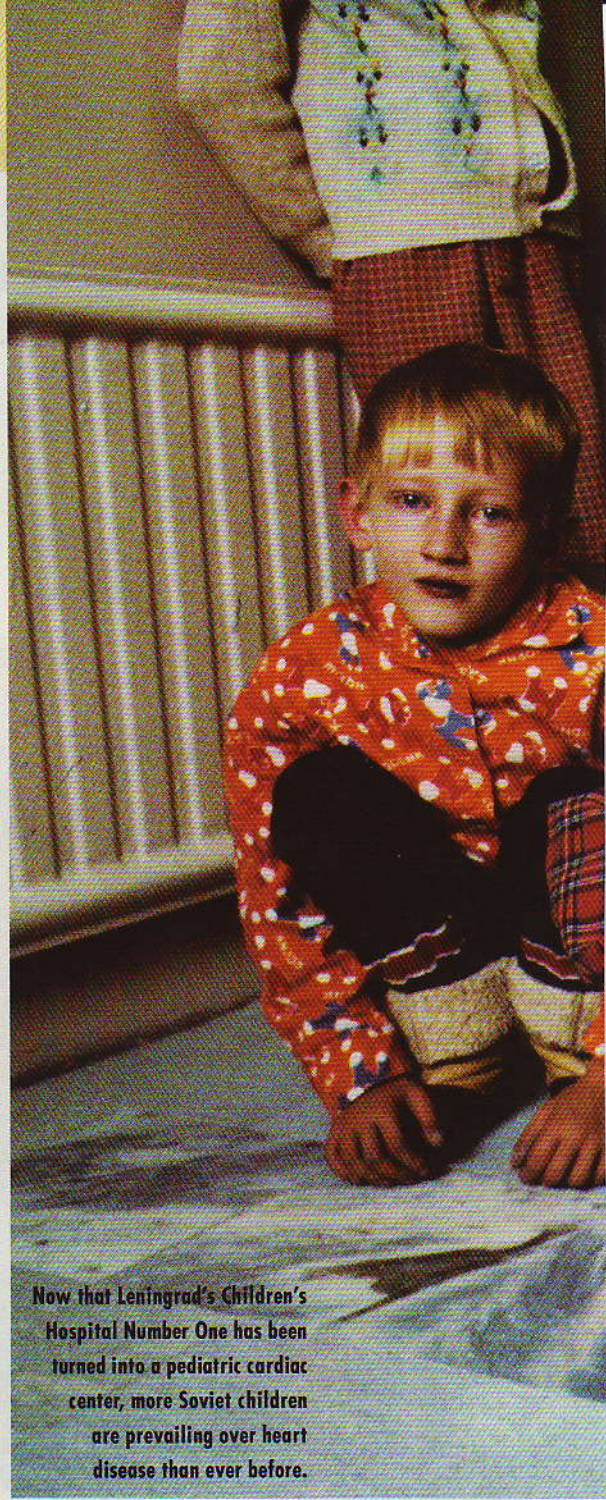
**PHOTOGRAPHS BY GARY MATOSO**

**TEXT BY JAMES WEEKS, JR.**

**A**mid the beaming faces and squeals of laughter it is easy to forget that you are walking down the corridors of Children's Hospital Number One in Leningrad; the excited banter and occasional bickering could be coming from perfectly healthy children roughhousing on a playground. But this is a hospital ward, not a playground, and these children are not healthy. They were all born with heart disease and now await the surgery that will save their lives.

Each year an estimated 30,000 children in the Soviet Union are born with complex congenital heart disease. A quarter of them die before their first birthday. Those who do survive childhood suffer from bluish skin and lips, clubbed fingers, and in the worst cases are unable to walk across a room; most do not live beyond their teens. For although the Soviets have been successfully performing adult heart surgery for years, inexperience in pediatric cardiac care and the lack of advanced equipment have hampered efforts to treat heart disease in its youngest victims.

Until recently, that is. Two years ago a coalition of American doctors launched an ambitious project called Heart To Heart International Children's Medical Alliance—a pioneering effort to help establish a surgical center in Leningrad for children with heart disease. At least twice a year, the Oakland, California-based alliance sends medical teams to the Soviet Union to teach doctors there the complex surgical skills necessary to perform cardiac operations on babies and young children. Their goal: to enable the Soviets to



Now that Leningrad's Children's Hospital Number One has been turned into a pediatric cardiac center, more Soviet children are prevailing over heart disease than ever before.

drastically reduce the number of youngsters who die each year because of failing hearts.

Last September, Dr. Nilas Young, chief of cardiac surgery at Oakland Children's Hospital, led the alliance's third expedition. The 38-member team brought an assortment of diagnostic equipment, including an echocardiographic machine—a sophisticated device that enables cardiologists to pinpoint problems inside the heart. They also transported "catheters, needles, syringes—basic instruments that are in short supply in the Soviet







Union," according to Young.

During the two-week visit the American team worked with 50 Soviet doctors, and saw approximately 400 Soviet families—many of whom had traveled by train for up to a week to be seen by the American surgeons. Children's Hospital Number One was, in Young's words, "wall-to-wall with people." In the hallways and in the wards, the families ate, played games, read, slept, and anxiously waited as the doctors completed the screening process.

#### SAVING LIVES IN LENINGRAD



Thanks to help from the California-based Heart To Heart International Children's Medical Alliance, the Soviet Union is establishing a center in Leningrad for children with heart disease. It is the sole advanced pediatric cardiac clinic outside of Moscow, however, and kids who live in the eastern regions of the country must travel thousands of miles for treatment.



**In the hallways and in the wards, the families ate, played games, read, and anxiously waited as the doctors completed the screening process.**





Mothers such as Galena Mamontova (below left, woman on the right) were responsible for feeding and bathing their kids, as well as cleaning the hospital rooms during their stay. Soviet university students (right, top) translated for the American team (right, middle). Veronica Mendelson (right, bottom), after surgery. She says she now aspires to be a pediatric cardiologist.

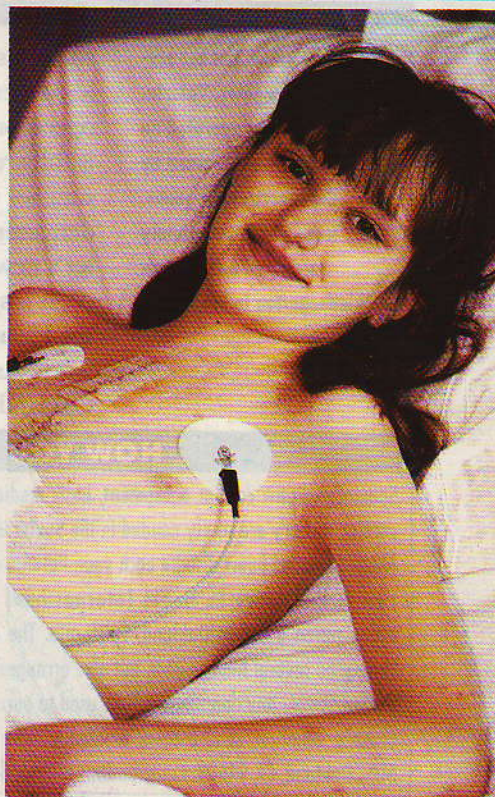


The American cardiologists and their Soviet counterparts managed to screen nearly 250 patients, and in the end chose 13 children to operate on; the hundreds of other children were put on a waiting list for the next visit. Then, with university students serving as translators, surgical teams performed an average of two operations a day, most lasting five or six hours.

Twelve of the 13 operations were highly successful. Veronica Mendelson, a 14-year-old who was born with one ventricle instead of two, could barely walk up a few steps before last September; today she can easily scale a flight of stairs. And Olga Abramova, an eight-year-old from Leningrad, is doing so well that she now is strong enough to attend school.

But Valeria Mamontova provides the most vivid example of Heart To Heart's triumph. Ever since Valeria was born with a heart defect in 1985, her mother, Galena, has been searching for a doctor who could perform the necessary operation. Last September her hopes were lifted when the Heart To Heart doctors picked Valeria as one of the candidates for surgery. But when scheduling difficulties forced the American team to postpone the operation, Galena broke down and wept; she was convinced that her daughter would never get well.

A few weeks later, however, Galena Mamontova's struggle finally ended. Soviet







**Galena Mamontova and her six-year-old daughter, Valeria. The little girl was operated on by Soviet doctors trained by the American surgeons. Today she is completely recovered and attends kindergarten in Leningrad.**

surgeons who had been trained by the Americans were able to successfully perform the operation on Valeria. And today, the little girl is fully recovered. Each morning Galena watches proudly as Valeria heads off to kindergarten, and her father boasts of his daughter's newly acquired bicycle-riding skills.

It is stories such as Valeria's that inspire the Heart To Heart doctors to continue their work. As Christian Hardy, a cardiologist at Oakland Children's Hospital, says, "You

know that all those blue children will turn into pink ones—literally within seconds of completing the surgery—and that children who never spent much time out of bed will suddenly be able to play. It is amazing."

But the group has no intention of limiting their efforts to cardiology; they are eager to help the Soviets turn Children's Hospital Number One into a full-service pediatric teaching center. To that end the doctors brought along a pediatric dentist and pulmonologist to Leningrad this past May, and if all goes according to plan a new team will visit again this month. The alliance hopes that with each successive trip, more and more Soviet doctors will master new surgical techniques, and ever greater numbers of children will get the chance to live, healthfully, into adulthood. □

## HOW YOU CAN HELP

Special pediatric cardiac equipment, basic medical supplies, and doctors trained in sophisticated cardiac surgery are sorely needed in the Soviet Union, where 30,000 children are born with complex congenital heart disease each year. Parents who wish to help such children can make a donation to the **Heart To Heart International Children's Medical Alliance**, a nonprofit organization based in Oakland, California. The alliance not only brings doctors and supplies to Leningrad several times a year, but also arranges for Soviet children to be operated on here in the United States. Any donations will be used to purchase equipment and to pay for airline tickets. To make a donation, send a check or money order to: Heart To Heart, 3300 Webster Street, Suite 505, Oakland, CA 94609. Contributions are tax-deductible.

*James Weeks, Jr., wrote "A Boy Becomes a Man at Wounded Knee" for the April issue.*